

Full Report (All Nutrients) 45107147, ZATARAIN'S, FISH FRI, SEAFOOD BREADING MIX, CRISPY SOUTHERN, UPC: 071429026223

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Information provided by food manufacturers is label data. Manufacturers are responsible for descriptions, nutrient data and ingredient information. USDA calculated values per 100 {0} from values per serving.

Food Group : Branded Food Products Database

Manufacturer Zatarain's Inc.

Nutrient	Unit	Data points	Std. Error	2.0 Tbsp 17g	1 Value Per100 g
Proximates					
Energy	kcal	--	--	60	353
Protein	g	--	--	1.00	5.88
Total lipid (fat)	g	--	--	0.00	0.00
Carbohydrate, by difference	g	--	--	12.00	70.59
Minerals					
Iron, Fe	mg	--	--	0.36	2.12
Sodium, Na	mg	--	--	630	3706
Vitamins					
Vitamin A, IU	IU	--	--	100	588

Lipids

Amino Acids

Other

Ingredients

ENRICHED YELLOW CORN MEAL (CORN MEAL, IRON, NIACIN, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SALT, SPICES (INCLUDING RED PEPPER), NATURAL FLAVOR, MONOSODIUM GLUTAMATE (FLAVOR ENHANCER), GARLIC, ONION, AND LEMON JUICE CONCENTRATE. *Date Last Updated by Company: 05/16/2016*